

# VT MUNCH TIMES

## Coming to a Tray near You!

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5/15/14

*VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!*

### **Munch on this:**

#### **Policy Update: “Procuring Local Foods for Child Nutrition Programs”**

Interested in purchasing local foods for your school meals programs? Make sure you’re following federal procurement regulations! The USDA Farm to School Program has just published a great comprehensive guide to procuring local foods aimed at School Food Authorities. You can find the guide here:

[http://www.fns.usda.gov/sites/default/files/F2S\\_Procuring\\_Local\\_Foods\\_Child\\_Nutrition\\_Prog\\_Guide.pdf](http://www.fns.usda.gov/sites/default/files/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf)

#### **Reminders:**

##### **Fresh Fruit and Vegetable Program:**

Applications for the Fresh Fruit and Vegetable Program for the 2014 – 2015 school year are due May 23, 2014! The FFVP provides funding for fresh fruits and vegetables served to all children in participating schools throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options. To be selected for the FFVP, your school must be an elementary school, operate the National School Lunch Program and be one in which 50% or more of students are eligible for free or reduced price meals. Schools between 40 and 50% may also be considered once all 50% and higher schools have submitted their applications. Click [here](#) to get the application!

##### **Community Eligibility Provision:**

Make sure to submit your data sheets with your school’s number of directly certified students and indicate if you are interested in serving free meals to all students to Laurie Colgan at [laurie.colgan@state.vt.us](mailto:laurie.colgan@state.vt.us) as soon as possible!

## **Save the Date:**

**Child Nutrition Programs' Summer Institute** will be held August 11 – 15<sup>th</sup> at St. Johnsbury Academy. Be on the lookout for more info to come!

## **VT Higher Education Collaborative: Nutrition and Food Education Course (2 credits)**

August 11-October 20, 2014

St. Johnsbury, VT & Online

This blended learning course is designed for K-12 school-based professionals (i.e. Health, PE, FACS, classroom teachers, nurses, counselors, food service providers, etc...) to learn how to teach nutrition education while working collaboratively across school and local community to establish healthful, sustainable, food systems for schools. The course will begin with a required face-to-face day on August 11th held in conjunction with the annual Child Nutrition Summer Institute in St. Johnsbury. The remainder of the course will take place in an asynchronous, online learning environment. Upon successful completion of this course, students will have:

- Explored strategies for standards-based instruction and assessment of K-12 nutrition education,
- Discussed common nutritional problems of children,
- Evaluated the impact of public health forces on nutrition habits of children,
- Explored the nutrient needs for childhood growth and development, including the Dietary Guidelines, and
- Developed a plan to work collaboratively across school and local community to establish healthful, sustainable food systems for schools.

Credit will be granted by Castleton State College. Course approval by the School Nutrition Association is also anticipated. Instructed by Erin Randall-Mullins, MAT. Registration will be available soon at [www.vthec.org](http://www.vthec.org).

## **In the News:**

### **Farm to School:**

Farm to school programs are on the rise in Vermont and New Hampshire. Read the full story [here](#)!

## **Recipes: Spice Up Your Menu**

### **New School Cuisine Cookbook**

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! [http://education.vermont.gov/documents/EDU-New\\_School\\_Cuisine\\_Cookbook.pdf](http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf)

## **Cookbooks Galore**

A compilation of school food service cookbooks from all over the country

<http://healthymeals.nal.usda.gov/recipes/recipes-school-food-service>

## **Resources:**

### **Whole Grain Resource for the National School Lunch and Breakfast Programs**

A Guide to Meeting the Whole Grain-Rich Criteria.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

### **Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):**

May's *Harvest of the Month* is Mixed Greens. The versatility of mixed greens, in flavor, shape and application is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate. Mixed greens are excellent sources of vitamin A, B1 (thiamine), B2 (riboflavin), B9 (folic acid) and C, as well as the minerals calcium, chromium and manganese. Did you know that in China, lettuce represents good luck?

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at [www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org).

**Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:**

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

### **How USDA Foods support the new Meal Pattern requirements**

[http://www.fns.usda.gov/sites/default/files/Meal\\_Pattern\\_USDA\\_Foods\\_Chart\\_Sept2013.pdf](http://www.fns.usda.gov/sites/default/files/Meal_Pattern_USDA_Foods_Chart_Sept2013.pdf)

### **USDA Foods Fact Sheets**

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

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Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

*VT Munch Times* is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Marianna Charalabopoulos, Child Nutrition Consultant, at (802) 479-1254 or [marianna.charalabopoulos@state.vt.us](mailto:marianna.charalabopoulos@state.vt.us)

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